

Diet Appendix A

Sample Dietary Assessment Questionnaire (Part 1)

MEDFICTS*

In each food category for both Group 1 and Group 2 foods check one box from the "Weekly Consumption" column (number of servings eaten per week) and then check one box from the "Serving Size" column. If you check Rarely/Never, do not check a serving size box. See next page for score.

Food Category	Weekly Consumption			Serving Size			Score	
	Rarely/ never	3 or less	4 or more	Small <5 oz/d 1 pt	Average 5 oz/d 2 pts	Large >5 oz/d 3 pts		
Meats <ul style="list-style-type: none"> Recommended amount per day: ≤5 oz (equal in size to 2 decks of playing cards) Base your estimate on the food you consume most often. Beef and lamb selections are trimmed to 1/8" fat. 								
Group 1. 10 gm or more total fat in 3 oz cooked portion Beef – Ground beef, Ribs, Steak (T-bone, Flank, Porterhouse, Tenderloin), Chuck blade roast, Brisket, Meatloaf (w/ground beef), Corned beef Processed meats – ¼ lb burger or lg. sandwich, Bacon, Lunch meat, Sausage/knockwurst, Hot dogs, Ham (bone-end), Ground turkey Other meats, Poultry, Seafood —Pork chops (center loin), Pork roast (Blade, Boston, Sirloin), Pork spareribs, Ground pork, Lamb chops, Lamb (ribs), Organ meats [†] , Chicken w/skin, Eel, Mackerel, Pompano	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Less than 10 gm total fat in 3 oz cooked portion Lean beef – Round steak (Eye of round, Top round), Sirloin [‡] , Tip & bottom round [‡] , Chuck arm pot roast [‡] , Top Loin [‡] Low-fat processed meats – Low-fat lunch meat, Canadian bacon, "Lean" fast food sandwich, Boneless ham Other meats, Poultry, Seafood – Chicken, Turkey (w/o skin) [§] , most Seafood [†] , Lamb leg shank, Pork tenderloin, Sirloin top loin, Veal cutlets, Sirloin, Shoulder, Ground veal, Venison, Veal chops and ribs [‡] , Lamb (whole leg, loin, fore-shank, sirloin) [‡]	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> [¶] 6 pts	_____
Eggs – Weekly consumption is the number of times you eat eggs each week Check the number of eggs eaten each time								
Group 1. Whole eggs, Yolks	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x	≤1 <input type="checkbox"/> 1 pt	2 <input type="checkbox"/> 2 pts	≥3 <input type="checkbox"/> 3 pts	_____
Group 2. Egg whites, Egg substitutes (½ cup)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Dairy								
Milk – Average serving 1 cup								
Group 1. Whole milk, 2% milk, 2% buttermilk, Yogurt (whole milk)	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Fat-free milk, 1% milk, Fat-free buttermilk, Yogurt (Fat-free, 1% low fat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Cheese – Average serving 1 oz								
Group 1. Cream cheese, Cheddar, Monterey Jack, Colby, Swiss, American processed, Blue cheese, Regular cottage cheese (½ cup), and Ricotta (¼ cup)	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Low-fat & fat-free cheeses, Fat-free milk mozzarella, String cheese, Low-fat, Fat-free milk & Fat-free cottage cheese (½ cup) and Ricotta (¼ cup)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Frozen Desserts – Average serving ½ cup								
Group 1. Ice cream, Milk shakes	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Low-fat ice cream, Frozen yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

FIG (Part 1). MEDFICTS assessment tool.

* MEDFICTS was originally developed for and printed in ATP II (National Cholesterol Education Program 1993; 1994)

Sample Dietary Assessment Questionnaire (Part 2)

MEDFICTS*

Food Category	Weekly Consumption			Serving Size			Score
	Rarely/ never	3 or less	4 or more	Small <5 oz/d 1 pt	Average 5 oz/d 2 pts	Large >5 oz/d 3 pts	
Frying Foods – Average servings: see below. This section refers to method of preparation for vegetables and meat.							
Group 1. French fries, Fried vegetables (½ cup), Fried chicken, fish, meat (3 oz)	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x <input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Vegetables, not deep fried (½ cup), Meat, poultry, or fish—prepared by baking, broiling, grilling, poaching, roasting, stewing: (3 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
In Baked Goods – 1 Average serving							
Group 1. Doughnuts, Biscuits, Butter rolls, Muffins, Croissants, Sweet rolls, Danish, Cakes, Pies, Coffee cakes, Cookies	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x <input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Fruit bars, Low-fat cookies/cakes/pastries, Angel food cake, Homemade baked goods with vegetable oils, breads, bagels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Convenience Foods							
Group 1. Canned, Packaged, or Frozen dinners: e.g., Pizza (1 slice), Macaroni & cheese (1 cup), Pot pie (1), Cream soups (1 cup), Potato, rice & pasta dishes with cream/cheese sauces (½ cup)	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x <input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Diet/Reduced calorie or reduced fat dinners (1), Potato, rice & pasta dishes without cream/cheese sauces (½ cup)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Table Fats – Average serving: 1 Tbsp							
Group 1. Butter, Stick margarine, Regular salad dressing, Mayonnaise, Sour cream (2 Tbsp)	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x <input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Diet and tub margarine, Low-fat & fat-free salad dressing, Low-fat & fat-free mayonnaise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Snacks							
Group 1. Chips (potato, corn, taco), Cheese puffs, Snack mix, Nuts (1 oz), Regular crackers (½ oz), Candy (milk chocolate, caramel, coconut) (about 1½ oz), Regular popcorn (3 cups)	<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input type="checkbox"/> 7 pts	x <input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input type="checkbox"/> 3 pts	_____
Group 2. Pretzels, Fat-free chips (1 oz), Low-fat crackers (1/2 oz), Fruit, Fruit rolls, Licorice, Hard candy (1 med piece), Bread sticks (1–2 pcs), Air-popped or low-fat popcorn (3 cups)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

† Organ meats, shrimp, abalone, and squid are low in fat but high in cholesterol.

‡ Only lean cuts with all visible fat trimmed. If not trimmed of all visible fat, score as if in Group 1.

* Score 6 pts if this box is checked.

§ All parts not listed in group 1 have <10 gm total fat.

Total from page 1 _____

Total from page 2 _____

FINAL SCORE _____

To Score: For each food category, multiply points in weekly consumption box by points in serving size box and record total in score column. If Group 2 foods checked, no points are scored (except for Group 2 meats, large serving = 6 pts).

Example:

<input type="checkbox"/>	<input type="checkbox"/> 3 pts	<input checked="" type="checkbox"/> 7 pts	x	<input type="checkbox"/> 1 pt	<input type="checkbox"/> 2 pts	<input checked="" type="checkbox"/> 3 pts	21
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Add score on page 1 and page 2 to get final score.

Key:

>70 Need to make some dietary changes

40–70 Heart-Healthy Diet

<40 TLC Diet

FIG (part 2). MEDFICTS assessment tool.

* MEDFICTS was originally developed for and printed in ATP II (National Cholesterol Education Program 1993; 1994)

Diet Appendix B

TLC Sample Menu

Traditional American Cuisine

Male, 25–49 Years

Breakfast

Oatmeal (1 cup)
 Fat-free milk (1 cup)
 Raisins (¼ cup)
 English muffin (1 medium)
 Soft margarine (2 tsp)
 Jelly (1 Tbsp)
 Honeydew melon (1 cup)
 Orange juice, calcium fortified (1 cup)
 Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

Roast beef sandwich
 Whole-wheat bun (1 medium)
 Roast beef, lean (2 oz)
 Swiss cheese, low fat (1oz slice)
 Romaine lettuce (2 leaves)
 Tomato (2 medium slices)
 Mustard (2 tsp)
 Pasta salad (1 cup)
 Pasta noodles (¾ cup)
 Mixed vegetables (¼ cup)
 Olive oil (2 tsp)
 Apple (1 medium)
 Iced tea, unsweetened (1 cup)

Dinner

Orange roughy (3 oz) cooked with olive oil (2 tsp)
 Parmesan cheese (1 Tbsp)
 Rice (1½ cup) → *For a higher fat alternative, substitute 1/3 cup of unsalted peanuts, chopped (to sprinkle on the frozen yogurt) for 1 cup of the rice.
 Corn kernels (½ cup)
 Soft margarine (1 tsp)
 Broccoli (½ cup)
 Soft margarine (1 tsp)
 Roll (1 small)
 Soft margarine (1 tsp)
 Strawberries (1 cup) topped with low-fat frozen yogurt (½ cup)
 Fat-free milk (1 cup)

Snack

Popcorn (2 cups) cooked with canola oil (1 Tbsp)
 Peaches, canned in water (1 cup)
 Water (1 cup)

Nutrient Analysis

Calories	2523
Cholesterol (mg)	139
Fiber (g)	32
Soluble (g)	10
Sodium (mg)	1800
Carbohydrates, % calories	57

Total fat, % calories	28
Saturated fat, % calories	6
Monounsaturated fat, % calories	14
Polyunsaturated fat, % calories	6
Trans fat (g)	5
Omega 3 fat (g)	0.4
Protein, % calories	17

***Higher Fat Alternative**

Total fat, % calories	34
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.

TLC Sample Menu
Traditional American Cuisine
Female, 25–49 Years

Breakfast

Oatmeal (1 cup)
 Fat-free milk (1 cup)
 Raisins (¼ cup)
 Honeydew melon (1 cup)
 Orange juice, calcium fortified (1 cup)
 Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

Roast beef sandwich
 Whole-wheat bun (1 medium)
 Roast beef, lean (2 oz)
 Swiss cheese, low fat (1 oz slice)
 Romaine lettuce (2 leaves)
 Tomato (2 medium slices)
 Mustard (2 tsp)
 Pasta salad (½ cup)
 Pasta noodles (¼ cup)
 Mixed vegetables (¼ cup)
 Olive oil (1 tsp)
 Apple (1 medium)
 Iced tea, unsweetened (1 cup)

Dinner

Orange roughy (2 oz) cooked with olive oil (2 tsp)
 Parmesan cheese (1 Tbsp)
 Rice (1 cup) → *For a higher fat alternative, substitute 2 Tbsp of unsalted peanuts, chopped (to sprinkle on the frozen yogurt) for ½ cup of the rice.
 Soft margarine (1 tsp)
 Broccoli (½ cup)
 Soft margarine (1 tsp)
 Strawberries (1 cup) topped with low-fat frozen yogurt (½ cup)
 Water (1 cup)

Snack

Popcorn (2 cups) cooked with canola oil (1 Tbsp)
 Peaches, canned in water (1 cup)
 Water (1 cup)

Nutrient Analysis

Calories	1795	Total fat, % calories	27
Cholesterol (mg)	115	Saturated fat, % calories	6
Fiber (g)	28	Monounsaturated fat, % calories	14
Soluble (g)	9	Polyunsaturated fat, % calories	6
Sodium (mg)	1128	Trans fat (g)	2
		Omega 3 fat (g)	0.4
Carbohydrates, % calories	57	Protein, % calories	19

***Higher Fat Alternative**

Total fat, % calories	33
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.

TLC Sample Menu
Lacto Ovo Vegetarian Cuisine
Male, 25–49 Years

Breakfast

Egg white omelet, cooked with canola oil (2 tsp)
 Liquid egg substitute (½ cup)
 Tomato, chopped (1 medium slice)
 Mushrooms, chopped (2 medium)
 Green pepper, chopped (¼ cup)
 Cheddar cheese, low fat, grated (2 Tbsp)
 English muffin (1 whole)
 Jelly (1 Tbsp)
 Honeydew melon (½ cup)
 Orange juice, calcium fortified (1 cup)
 Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

Vegetable sandwich
 Onion roll (1 medium)
 Tomato (2 medium slices)
 Avocado slices, dark skin, California type (1/3 of small fruit)
 Romaine lettuce (2 leaves)
 Carrots, grated (½ cup)
 Cheddar cheese, low fat (1 slice, 1 oz)
 Mustard (1 Tbsp)

Salad

Romaine lettuce (2 cups)
 Kidney beans (¾ cup) —————→ *For a higher fat alternative, substitute ½ cup of unsalted
 Tomato, cherry (½ cup) almond slices for ½ cup of the kidney beans in the salad.
 Cucumber (1/3 cup)
 Carrots, shredded (1/3 cup)
 Dressing, homemade vinegar and olive oil (2 Tbsp)

Fat-free milk (1 cup)

Dinner

Pasta and Vegetables
 Spaghetti, cooked (2 cups), with olive oil (1Tbsp)
 Broccoli (1 cup)
 Marinara sauce, low sodium (¾ cup)
 Parmesan cheese (1½ Tbsp)
 Angel food cake (2x3 inch piece)
 Frozen yogurt (¼ cup)
 Chocolate sauce (1 Tbsp)
 Iced tea, unsweetened (1 cup)

Snack

Bagel (½ medium)
 Peanut butter, reduced fat, unsalted (½ Tbsp)
 Apple (1 medium)
 Water (1 cup)

Nutrient Analysis

Calories	2499
Cholesterol (mg)	24
Fiber (g)	44
Soluble (g)	17
Sodium (mg)	2282
Carbohydrates, % calories	60

Total fat, % calories	29
Saturated fat, % calories	5
Monounsaturated fat, % calories	16
Polyunsaturated fat, % calories	5
Trans fat (g)	0.4
Protein, % calories	15

***Higher Fat Alternative**

Total fat, % calories	33
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.

TLC Sample Menu
Lacto Ovo Vegetarian Cuisine
Female, 25–49 Years

Breakfast

Egg white omelet, cooked with canola oil (2 tsp)
 Liquid egg substitute (½ cup)
 Tomato, chopped (1 medium slice)
 Mushrooms, chopped (2 medium)
 Green pepper, chopped (¼ cup)
 Cheddar cheese, low fat, grated (2 Tbsp)
 Whole-wheat toast (1 slice)
 Jelly (2 tsp)
 Honeydew melon (½ cup)
 Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

Vegetable Sandwich
 Onion roll (1 medium)
 Tomato (2 medium slices)
 Romaine lettuce (2 leaves)
 Carrots, grated (½ cup)
 Cheddar cheese, low fat (1 slice, 1 oz)
 Mustard (1 Tbsp)

Salad

Romaine lettuce (2 cups) —————→ *For a higher fat alternative, substitute ¼ cup of unsalted almond slices
 Kidney beans (½ cup) for all of the kidney beans in the salad.
 Tomato, cherry (½ cup)
 Cucumber (1/3 cup)
 Carrots, shredded (1/3 cup)
 Dressing, homemade—vinegar and olive oil (2 Tbsp)
 Fat-free milk (1 cup)

Dinner

Pasta and Vegetables
 Spaghetti, cooked (1 cup), with olive oil (½ Tbsp)
 Broccoli (1 cup)
 Marinara sauce, low sodium (½ cup)
 Parmesan cheese (1 Tbsp)
 Angel food cake (2x3 inch piece)
 Frozen yogurt (¼ cup)
 Chocolate sauce (1 Tbsp)
 Iced tea, unsweetened

Snack

Bagel (½ medium)
 Peanut butter, reduced fat, unsalted (½ Tbsp)
 Water (1 cup)

Nutrient Analysis

Calories	1812
Cholesterol (mg)	26
Fiber (g)	30
Soluble (g)	12
Sodium (mg)	2205
Carbohydrates, % calories	58

Total fat, % calories	27
Saturated fat, % calories	5
Monounsaturated fat, % calories	15
Polyunsaturated fat, % calories	4
Trans fat (g)	1
Protein, % calories	18

***Higher Fat Alternative**

Total fat, % calories	33
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.

Breakfast

- ## Lunch

- ## Dinner

- ## Snack

- ## Nutrient Analysis

Total fat, % calories	30
Saturated fat, % calories	5
Monounsaturated fat, % calories	14
Polysaturated fat, % calories	8
Trans fat (g)	3
Omega 3 fat (g)	0.4
Protein, % calories	18

Total fat, % calories	35
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TLC Sample Menu
Asian Cuisine
Male, 25–49 Years

Breakfast

Scrambled egg whites ($\frac{3}{4}$ cup liquid egg substitute)
 Cooked with fat-free cooking spray —————→ *For a higher fat alternative, cook egg whites
 English muffin (1 whole) with 1 Tbsp of canola oil.
 Soft margarine (2 tsp)
 Jam (1 Tbsp)
 Strawberries (1 cup)
 Orange Juice, calcium fortified (1 cup) —————→ **If using higher fat alternative, eliminate orange juice.
 Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

Tofu Vegetable stir-fry
 Tofu (3 oz)
 Mushrooms ($\frac{1}{2}$ cup)
 Onion ($\frac{1}{4}$ cup)
 Carrots ($\frac{1}{2}$ cup)
 Swiss chard (1 cup)
 Garlic, minced (2 Tbsp)
 Peanut oil (1 Tbsp)
 Soy sauce, low sodium ($2\frac{1}{2}$ tsp)
 Rice, cooked (1 cup)
 Vegetable egg roll, baked (1 medium)
 Orange (1 medium)
 Green Tea (1 cup)

Dinner

Beef stir-fry
 Beef tenderloin (3 oz)
 Soybeans, cooked ($\frac{1}{4}$ cup)
 Broccoli, cut in large pieces ($\frac{1}{2}$ cup)
 Carrots, sliced ($\frac{1}{2}$ cup)
 Peanut oil (1 Tbsp)
 Soy sauce, low sodium (2 tsp)
 Rice, cooked (1 cup)
 Watermelon (1 cup)
 Almond cookies (2 cookies)
 Fat-free milk (1 cup)

Snack

Chinese noodles, soft (1 cup)
 Peanut oil (2 tsp)
 Banana (1 medium)
 Green tea (1 cup)

Nutrient Analysis

Calories	2519	Total fat, % calories	28
Cholesterol (mg)	108	Saturated fat, % calories	5
Fiber (g)	37	Monounsaturated fat, % calories	11
Soluble (g)	15	Polyunsaturated fat, % calories	9
Sodium (mg)	2268	Trans fat (g)	3
Carbohydrates, % calories	57	Protein, % calories	18

***Higher Fat Alternative**

Total fat, % calories	32
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.

**Because canola oil adds extra calories, the orange juice is left out of the menu.

TLC Sample Menu
Asian Cuisine
Female, 25–49 Years

Breakfast

Scrambled egg whites (½ cup liquid egg substitute)
 Cooked with fat-free cooking spray —————→ *For a higher fat alternative, cook egg whites with 1 Tbsp of canola oil.
 English muffin (1 whole)
 Soft margarine (2 tsp)
 Jam (1 Tbsp)
 Strawberries (1 cup)
 Orange Juice, calcium fortified (1 cup) —————→ **If using higher fat alternative, eliminate orange juice.
 Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

Tofu Vegetable stir-fry
 Tofu (3 oz)
 Mushrooms (½ cup)
 Onion (¼ cup)
 Carrots (½ cup)
 Swiss chard (½ cup)
 Garlic, minced (2 Tbsp)
 Peanut oil (1 Tbsp)
 Soy sauce, low sodium (2½ tsp)
 Rice, cooked (½ cup)
 Orange (1 medium)
 Green tea (1 cup)

Dinner

Beef stir-fry
 Beef tenderloin (3 oz)
 Soybeans, cooked (¼ cup)
 Broccoli, cut in large pieces (½ cup)
 Peanut oil (1 Tbsp)
 Soy sauce, low sodium (2 tsp)
 Rice, cooked (½ cup)
 Watermelon (1 cup)
 Almond cookie (1 cookie)
 Fat-free milk (1 cup)

Snack

Chinese noodles, soft (½ cup)
 Peanut oil (1 tsp)
 Green tea (1 cup)

Nutrient Analysis

Calories	1829
Cholesterol (mg)	74
Fiber (g)	26
Soluble (g)	10
Sodium (mg)	1766
Carbohydrates, % calories	56

Total fat, % calories	28
Saturated fat, % calories	6
Monounsaturated fat, % calories	11
Polyunsaturated fat, % calories	9
Trans fat (g)	3
Protein, % calories	18

***Higher Fat Alternative**

Total fat, % calories	33
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.

**Because canola oil adds extra calories, the orange juice is left out of the menu.

TLC Sample Menu Mexican-American Cuisine Male, 25–49 Years

Breakfast

Bean Tortilla

Corn tortilla (2 medium)

Pinto beans (½ cup) →

Onion (¼ cup), tomato, chopped (¼ cup)

Jalapeno pepper (1 medium)

Sauté with canola oil (1 tsp)

*For a higher fat alternative, cook beans with canola oil (1 Tbsp).

Papaya (1 medium) →

Orange Juice, calcium fortified (1 cup)

Coffee (1 cup) with fat-free milk (2 Tbsp)

**If using higher fat alternative, reduce papaya serving to ½ medium fruit.

Lunch

Stir-fried beef

Sirloin steak (3 oz)

Garlic, minced (1 tsp)

Onion, chopped (¼ cup)

Tomato, chopped (¼ cup)

Potato, diced (¼ cup)

Salsa (¼ cup)

Olive oil (2 tsp)

Mexican rice

Rice, cooked (1 cup)

Onion, chopped (¼ cup)

Tomato, chopped (¼ cup)

Jalapeno pepper (1 medium)

Carrots, diced (¼ cup)

Cilantro (2 Tbsp)

Olive oil (1 Tbsp)

Mango (1 medium)

Blended fruit drink (1 cup)

Fat-free milk (1 cup)

Mango, diced (¼ cup)

Banana, sliced (¼ cup)

Water (¼ cup)

Dinner

Chicken fajita

Corn tortilla (2 medium)

Chicken breast, baked (3 oz)

Onion, chopped (2 Tbsp)

Green pepper, chopped (¼ cup)

Garlic, minced (1 tsp)

Salsa (2 Tbsp)

Canola oil (2 tsp)

Avocado salad

Romaine lettuce (1 cup)

Avocado slices, dark skin, California type (1 small)

Tomato, sliced (¼ cup)

Onion, chopped (2 Tbsp)

Sour cream, low fat (1½ Tbsp)

Rice pudding with raisins (¾ cup)

Water (1 cup)

Snack

Plain yogurt, fat free, no sugar added (1 cup)

Mixed with peaches, canned in water (½ cup)

Water (1 cup)

Nutrient Analysis

Calories	2535
Cholesterol (mg)	158
Fiber (g)	48
Soluble (g)	17
Sodium (mg)	2118
Carbohydrates, % calories	58

Total fat, % calories	28
Saturated fat, % calories	5
Monounsaturated fat, % calories	17
Polyunsaturated fat, % calories	5
Trans fat (g)	<1
Protein, % calories	17

***Higher Fat Alternative**

Total fat, % calories	33
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.

**Because the peanuts add extra calories, the papaya serving is reduced in the menu.

TLC Sample Menu
Mexican-American Cuisine
Female, 25–49 Years

Breakfast

Bean Tortilla
 Corn tortilla (1 medium)
 Pinto beans (¼ cup)
 Onion (2 Tbsp), tomato, chopped (2 Tbsp), jalapeno pepper (1 medium)
 Sauté with canola oil (1 tsp)
 Papaya (1 medium) —————→ **If using higher fat alternative, eliminate papaya.
 Orange juice, calcium fortified (1 cup)
 Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

Stir-Fried Beef
 Sirloin steak (2 oz)
 Garlic, minced (1 tsp)
 Onion, chopped (¼ cup)
 Tomato, chopped (¼ cup)
 Potato, diced (¼ cup) —————→ *For a higher fat
 Salsa (¼ cup) alternative,
 Olive oil (1½ tsp) substitute ½ cup of
 Mexican rice (½ cup) unsalted peanut
 Rice, cooked (½ cup) halves for the
 Onion, chopped (2 Tbsp) potatoes.
 Tomato, chopped (2 Tbsp)
 Jalapeno pepper (1 medium)
 Carrots, diced (2 Tbsp)
 Cilantro (1 Tbsp)
 Olive oil (2 tsp)
 Mango (1 medium)
 Blended fruit drink (1 cup)
 Fat-free milk (1 cup)
 Mango, diced (¼ cup)
 Banana, sliced (¼ cup)
 Water (¼ cup)

Dinner

Chicken fajita
 Corn tortilla (1 medium)
 Chicken breast, baked (2 oz)
 Onion, chopped (2 Tbsp)
 Green pepper, chopped (2 Tbsp)
 Garlic, minced (1 tsp)
 Salsa (1½ Tbsp)
 Canola oil (1 tsp)
 Avocado salad
 Romaine lettuce (1 cup)
 Avocado slices, dark skin, California type
 (½ small)
 Tomato, sliced (¼ cup)
 Onion, chopped (2 Tbsp)
 Sour cream, low fat (1½ Tbsp)
 Rice pudding with raisins (½ cup)
 Water (1 cup)
Snack
 Plain yogurt, fat free, no sugar added (1 cup)
 Mixed with peaches, canned in water (½ cup)
 Water (1 cup)

Nutrient Analysis

Calories	1821
Cholesterol (mg)	110
Fiber (g)	35
Soluble (g)	13
Sodium (mg)	1739
Carbohydrates, % calories	61

Total fat, % calories	26
Saturated fat, % calories	4
Monounsaturated fat, % calories	15
Polyunsaturated fat, % calories	4
Trans fat (g)	<1
Protein, % calories	17

***Higher Fat Alternative**

Total fat, % calories	34
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No salt is added in recipe preparation or as seasoning.

The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients

**Because the peanuts add extra calories, the papaya is left out of the menu.

Diet Appendix C

**Saturated Fat, Total Fat, Cholesterol, and Omega-3 Content of Meat, Fish, and Poultry in
3-Ounce Portions Cooked Without Added Fat**

Source	Saturated Fat g/3 oz	Total Fat g/3 oz	Cholesterol mg/3 oz	Omega-3 g/3 oz
Lean Red Meats				
Beef (rump roast, shank, bottom round, sirloin)	1.4	4.2	71	—
Lamb (shank roast, sirloin roast, shoulder roast, loin chops, sirloin chops, center leg chop)	2.8	7.8	78	—
Pork (sirloin cutlet, loin roast, sirloin roast, center roast, butterfly chops, loin chops)	3.0	8.6	71	—
Veal (blade roast, sirloin chops, shoulder roast, loin chops, rump roast, shank)	2.0	4.9	93	—
Organ Meats				
Liver				
Beef	1.6	4.2	331	—
Calf	2.2	5.9	477	—
Chicken	1.6	4.6	537	—
Sweetbread	7.3	21.3	250	—
Kidney	0.9	2.9	329	—
Brains	2.5	10.7	1,747	—
Heart	1.4	4.8	164	—
Poultry				
Chicken (without skin)				
Light (roasted)	1.1	3.8	72	—
Dark (roasted)	2.3	8.3	71	—
Turkey (without skin)				
Light (roasted)	0.9	2.7	59	—
Dark (roasted)	2.0	6.1	72	—
Fish				
Haddock	0.1	0.8	63	0.22
Flounder	0.3	1.3	58	0.47
Salmon	1.7	7.0	54	1.88
Tuna, light, canned in water	0.2	0.7	25	0.24
Shellfish				
Crustaceans				
Lobster	0.1	0.5	61	0.07
Crab meat				
Alaskan King Crab	0.1	1.3	45	0.38
Blue Crab	0.2	1.5	85	0.45
Shrimp	0.2	0.9	166	0.28
Mollusks				
Abalone	0.3	1.3	144	0.15
Clams	0.2	1.7	57	0.33
Mussels	0.7	3.8	48	0.70
Oysters	1.3	4.2	93	1.06
Scallops	0.1	1.2	56	0.36
Squid	0.6	2.4	400	0.84